

D130

ASSEMBLY INSTRUCTIONS

● REPLACEMENT PARTS

weider®

NN-1081

RECOMMENDED WEIGHT SET - 160 LBS

WEIDER HEALTH AND FITNESS
21100 ERWIN STREET, WOODLAND HILLS, CA., USA 91367

DIAGRAM NO.	PART NAME	NO. REQ.	ORDERING NO.
1	UPRIGHT	1	K0263-D01
2	L-BRACKET	2	K6125-A22
3	MAIN FRAME	1	K0151-D01
4	FRONT SUPPORT	1	K0116-C14
5	LEG CURL	1	K0152-D01
6	WEIGHT PIN	1	K0148-C15
7	BACKREST	1	K0393-D01
8	SEAT	1	K0394-D01
9	PAD BAR	2	K6136-C08
10	FOAM PAD	4	K0425-A05
11	BACKREST ADJ. BAR	1	K6054-A06
12	LONG ANGLE IRON	2	K6229-D01
	HARDWARE BAG	1	K5819-D01
A	3/4" ROUND PLASTIC CAP	4	AA-8004
B	1" ROUND PLASTIC CAP	1	AA-8005
C	1" ROUND PLASTIC COVER CAP	1	AA-8070
D	2" SQUARE PLASTIC CAP	2	AA-8002
E	1 1/2" SQUARE PLASTIC CAP	3	AA-8001
G	3/8"-16 X 2 1/2" HEX HEAD BOLT	1	HH-5018
H	3/8"-16 LOCK NUT	1	HH-5013
J	5/16"-20 X 2 1/2" HEX HEAD BOLT	8	HH-5015
K	5/16"-20 LOCK NUT	8	HH-5021
L	*1/4"-20 X 3/4" MACHINE SCREW	6	HH-5022
M	5/16"-20 X 1 3/4" HEX HEAD BOLT	1	HH-5240
N	5/16"-20 ACORN NUT	1	HH-5019
	UPRIGHT DECAL	1	DE-4102
	INSTRUCTION MANUAL	1	KNN-1081
	EXERCISE CHART	1	KNN-1080
	*PRE-ASSEMBLED WITH SEAT & BACKREST		

WARNING

CONSULT YOUR PHYSICIAN

CONSULT YOUR PHYSICIAN BEFORE STARTING YOUR EXERCISE PROGRAM. IT IS ADVISABLE TO HAVE A PHYSICAL EXAMINATION BY YOUR PHYSICIAN BEFORE YOU ENTER ANY EXERCISE PROGRAM.

FOR YOUR OWN SAFETY, DO NOT BEGIN ANY EXERCISE WITHOUT PROPER INSTRUCTION. CHILDREN AND HANDICAPPED PERSONS SHOULD NOT USE ANY EXERCISE EQUIPMENT WITHOUT A QUALIFIED PERSON IN ATTENDANCE.

TRAIN WITH A PARTNER

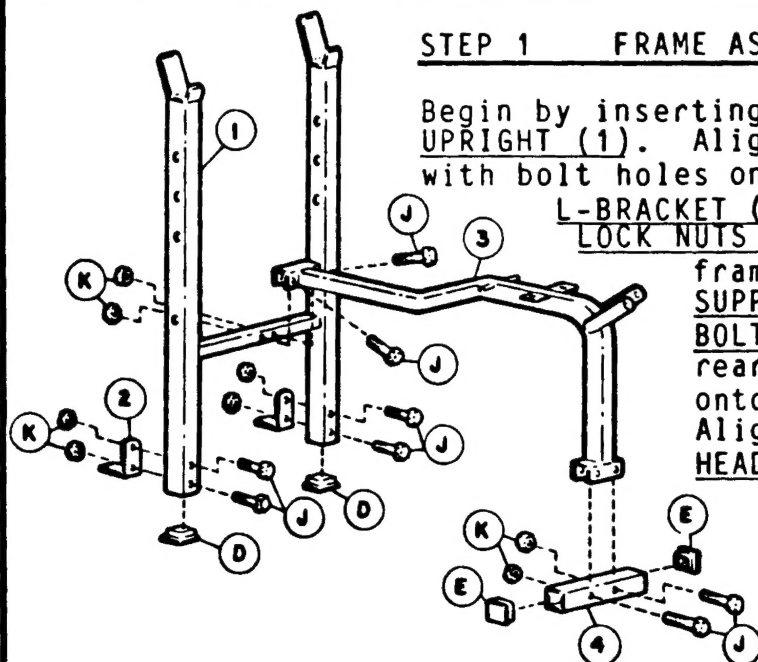
IT IS RECOMMENDED THAT AN INDIVIDUAL SHOULD NOT WORK OUT WITHOUT A TRAINING PARTNER IN ATTENDANCE. SET UP YOUR PROGRAM TO ACCOMMODATE TWO PEOPLE AND YOU WILL BE HIGHLY MOTIVATED.

IMPORTANT NOTICE

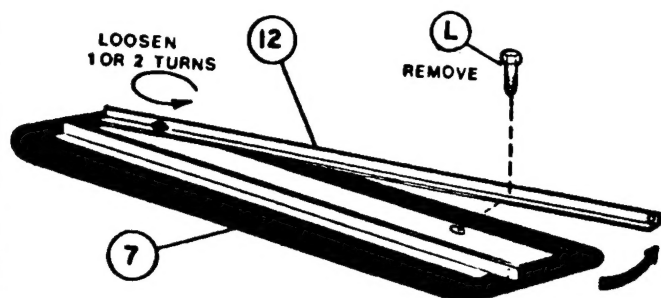
BEFORE BEGINNING ASSEMBLY READ THE FOLLOWING

1. PLEASE READ THE INSTRUCTIONS CAREFULLY, PAYING PARTICULAR ATTENTION TO ALL WARNINGS, CAUTIONS, NOTES OR NOTICES. LAY OUT UNASSEMBLED PARTS; FAMILIARIZE YOURSELF WITH THE DRAWINGS THEN READ AND UNDERSTAND THE INSTRUCTIONS THOROUGHLY.
2. THIS PRODUCT MUST BE ASSEMBLED BY AN ADULT PRIOR TO USE.
3. DO NOT DESTROY THE PACKING AND CARTON UNTIL THE UNIT IS COMPLETELY ASSEMBLED.
4. DO NOT DESTROY THE INSTRUCTION MANUAL, USE IT FOR ORDERING REPLACEMENT PARTS.
5. RECOMMENDED TOOLS FOR PROPER ASSEMBLY ARE AS FOLLOWS: A HAMMER, PLIERS, MEDIUM SIZE FLATHEAD SCREWDRIVER, AND TWO 6" ADJUSTABLE WRENCHES.

STEP 1 FRAME ASSEMBLY



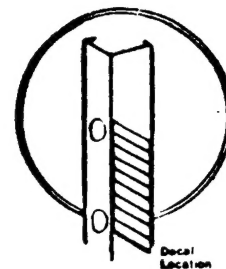
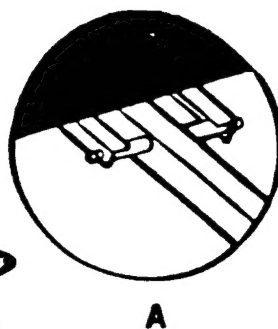
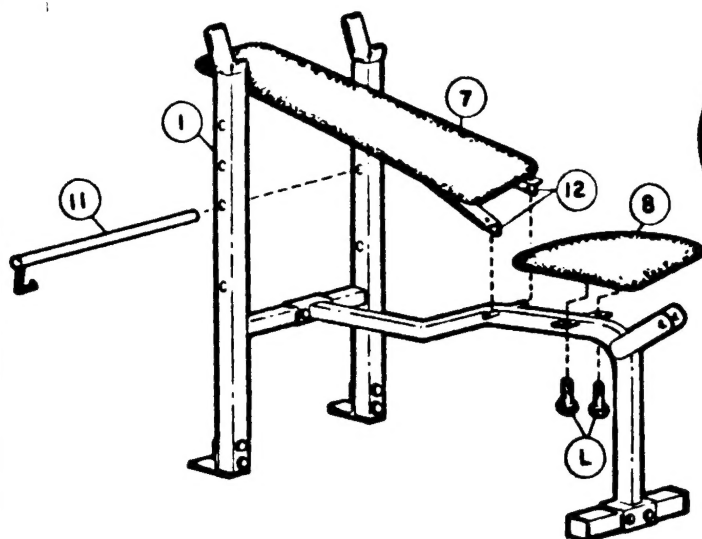
Begin by inserting SQUARE PLASTIC CAPS (D) into UPRIGHT (1). Align bolt holes on L-BRACKET (2) with bolt holes on UPRIGHT (1). Secure each L-BRACKET (2) with HEX HEAD BOLTS (J) and LOCK NUTS (K). Align bolt holes on main frame front u-bracket and FRONT SUPPORT (4). Secure with HEX HEAD BOLTS (J) and LOCK NUTS (K). Lower rear u-bracket of MAIN FRAME (3) onto crossmember of UPRIGHT (1). Align bolt holes and secure with HEX HEAD BOLTS (J) and LOCK NUTS (K). Insert SQUARE PLASTIC CAPS (E) into FRONT SUPPORT (4). Tighten all bolts.



NOTE: The lower or attachment end of the BACKREST (7) can be identified quickly by the LONG ANGLE IRONS (12). The LONG ANGLE IRONS (12) will be extended approximately two inches beyond the Backrest pad.

STEP 2 BACKREST PREPARATION

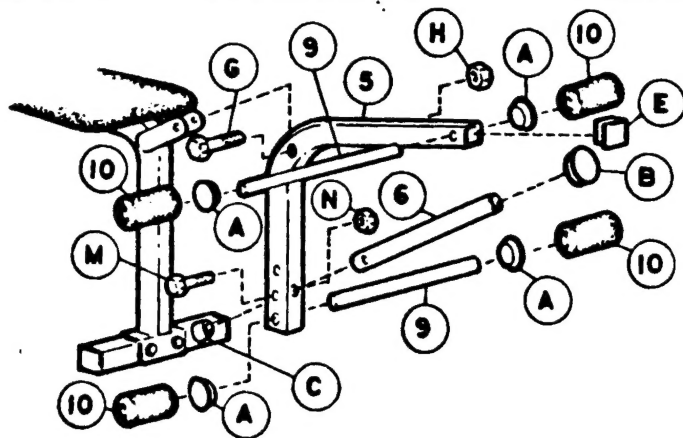
Turn BACKREST (7) over to expose the work area. Both LONG ANGLE IRONS (12) have been fastened to BACKREST (7) for shipment. One LONG ANGLE IRON (12) must be loosened in order to assemble BACKREST (7) to main frame pivot rod. The lower HEX HEAD BOLT (L) must be removed while the upper HEX HEAD BOLT (L) is only loosened. The LONG ANGLE IRON (12) can now swing freely from the lower end of BACKREST (7).



STEP 3 - ATTACHING BACKREST & SEAT

BACKREST: To aid in attaching backrest, first slide the BACKREST ADJ. BAR (11) through one of the hole patterns in the uprights. With LONG ANGLE IRON (12) free, lower BACKREST (7) to main frame pivot rod. Slide the secured LONG ANGLE IRON (12) onto one side of pivot rod. Swing the free LONG ANGLE IRON (12) back to its original position and onto the opposite end of the pivot rod. See Detail A. Replace MACHINE SCREW (L) that was removed in Step 2 and tighten all machine screws.

SEAT: with SEAT (8) right-side up, lower SEAT (8) to seat brackets on main frame. Align bolt holes and fasten with 2 MACHINE SCREWS (L). Tighten all MACHINE SCREWS.



STEP 4 - LEG CURL

First, slide WEIGHT PIN (6) thru angled holes on the front of LEG CURL (5). Align bolt holes and secure with HEX HEAD BOLT (M) and ACORN NUT (N). Place COVER CAP - 15° (C) over rear extended portion of WEIGHT PIN (6). Insert ROUND PLASTIC CAP (B) into end of

WEIGHT PIN (6). Insert SQUARE PLASTIC CAP (E) into end of LEG CURL (5). Position LEG CURL (5) between leg curl brackets on MAIN FRAME (3). Secure with HEX HEAD BOLT (G) and LOCK NUT (H). **DO NOT OVER TIGHTEN!** Repeat the following instructions until all remaining leg curl parts are in place. First, slide PAD BAR (9) thru proper hole in LEG CURL (5) until equal amounts of bar are on both sides. (To help with the following step, a small amount of liquid detergent should be applied to both ends of PAD BAR (9). This acts as a lubricant in assembling FOAM PADS (10) and also acts as an adhesive after it has dried.) Slide FOAM PAD (10) onto each end of PAD BAR (9). Insert ROUND PLASTIC CAPS (A) into each end of PAD BAR (9).